

Link to our Stingray video with these slides and examples: <https://youtu.be/bYibPVjQTgs>

USA Swimming video links are in this document by the stroke they cover.

Fun Holderness family video of a 100m Fly w/ some DQs: <https://youtu.be/uZU-eAuDhBA> 5:03

Officials Responsibilities



- Fairness and consistency
 - Watch all swimmers equally
 - Benefit of the doubt ALWAYS goes to the swimmer
- Observe swims and report any violations they see
- REMEMBER -- SWIMMERS DISQUALIFY THEMSELVES. YOU ARE ONLY RECORDING IT.
- Be professional – don't cheer for your favorite swimmers when you are officiating.

Calling Only What You See



- Only call what you are **POSITIVE** you saw, not what you think you may have seen or what you did not see
 - For example, on breaststroke or butterfly turns, it is not that you did not see two hands touching, it is that you saw one hand not touch or you saw that the hands did not touch simultaneously
- Therefore, the benefit of the doubt goes to the swimmer
- Just because it's ugly doesn't necessarily make it illegal.

Rules Covering The Four Strokes



--Across All Strokes--

- Swimmers CANNOT stand on the bottom or stop and hold onto the lane line
 - Exception -- they can stand in the freestyle, as long as other rules are not broken – they can stand on the bottom or hold onto the lane line, however, swimmer can not push off bottom or lane line
- Definition of vertical – look at the two shoulders relative to each other
- Water movement versus body movement
- Measure with your eyes, not with a microscope
- Definition of simultaneous – hands / feet need to move at the same time, but this does not have to be on the same plane.

Rules Covering The Four Strokes



--Butterfly--

- Start
 - Forward
- Stroke
 - Body on breast
 - After start and each turn, swimmer's shoulders must be at or past vertical toward the breast
 - Swimmer permitted 1 or more leg kicks, but only one arm pull under water
 - After start and each turn, swimmer can be submerged for up to 15 meters; swimmer must be on the surface for remainder of race
 - From beginning of first arm pull, swimmer's shoulders must be in line with water surface
 - Arms must break the surface of the water each arm stroke
 - Arm stroke must be simultaneous
- Kick
 - All up and down leg and foot movements must be simultaneous
 - Relative position of legs cannot change (but you must see the change) -- alternating, scissors and breaststroke kicks are not permitted
 - Propulsion must come from top of feet
- Turns
 - Body shall be on breast at turns
 - Touch shall be made with both hands simultaneously
 - After hand touch is made, swimmer may turn in any manner desired
- Finish
 - On the breast
 - Touch shall be made with both hands simultaneously

Rules Covering The Four Strokes

--Backstroke--



- Start
 - Backward
 - Toes can be under or over the water, but toes cannot be over the lip of the wall or curled over the top of the wall
- Stroke
 - After start and each turn, swimmer's shoulders must be at or past vertical toward the back
 - After start and each turn, swimmer can be submerged for up to 15 meters; swimmer must be on the surface for remainder of race
- Kick
 - Any kick is legal
- Turns
 - Upon completion of each length, some part of swimmer must touch the wall
 - Turning motion must be continuous
 - During the turn the shoulders MAY BE turned past the vertical toward the breast after which ONE continuous single or double arm pull may be used to execute the turn
 - It is ONE PULL NOT A CERTAIN DISTANCE
 - Once body has left position on the back, there shall be no kick or arm pull that is independent of the continuous turning action
 - Shoulders must be at or past vertical toward back when leaving the wall
- Finish
 - On the back

Backstroke: <https://www.youtube.com/watch?v=v5ljKFBIY18> 6:35

Rules Covering The Four Strokes

--Freestyle--



- Start
 - Forward
- Stroke
 - In any event designated "freestyle," swimmer may swim any style
 - EXCEPT in a medley relay or individual medley event; then freestyle means any style other than butterfly, breaststroke and backstroke
 - After start and each turn, swimmer can be submerged for up to 15 meters; swimmer must be on the surface for remainder of race
- Kick
 - Any kick is legal
- Turns
 - Upon completion of each length the swimmer must touch the wall
 - Swimmer can turn in any fashion
- Finish
 - Race is completed when any part of the swimmer touches the wall

Rules Covering The Four Strokes

--Breaststroke--



- Start
 - Forward
- Stroke
 - Body on breast
 - Arms move simultaneously
 - Hands push forward from breast
 - Hands brought back on or under the water
 - Hands cannot go beyond the hipline, EXCEPT during the first stroke after the start and after each turn (Pullout)
 - Some part of the head must break water surface at least once during each complete arm stroke-leg stroke combination
 - EXCEPT after the start and after each turn swimmer may take one arm stroke completely back to the legs and one leg kick
 - Head must break water surface before hands turn inward at widest part of second stroke
- Kick
 - All vertical and lateral leg movements must be simultaneous
 - Feet must be turned outward during propulsive part of kick movement
 - Scissors, flutter and butterfly kick are not permitted during the swim portion of the race
- Turns
 - Body shall be on breast at turns
 - Touch shall be made with both hands simultaneously
 - After touch is made, swimmer may turn in any manner desired
 - Shoulders must be at or past vertical toward breast when leaving the wall
 - After the start and after each turn, while wholly submerged, the swimmer MAY take one arm stroke completely back to the legs and one leg kick
 - Head must break water surface before hands turn inward at widest part of second stroke
 - After the start and after each turn swimmer MAY take a single downward butterfly kick followed by a breaststroke kick
- Finish
 - On the breast
 - Touch shall be made with both hands simultaneously

Breaststroke: <https://www.youtube.com/watch?v=6ZXUEfP-Agc> 5:32



Rules Covering IMs and Relays

- INDIVIDUAL MEDLEY
 - Stroke order is butterfly, backstroke, breaststroke, freestyle
 - Rules governing each particular stroke are applied to that part of the race
 - The key is that it is four finishes, not four turns
- RELAYS
 - Order for medley relay is backstroke, breaststroke, butterfly, freestyle
 - Any stroke, other than backstroke, breaststroke or butterfly, may be used in the freestyle relay
 - Rules governing each particular stroke are applied to that part of the race
 - It is four finishes, not four turns
- RELAY TAKE-OFFS
 - The team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified
 - In other words, watch the swimmer's feet leave the starting platform.
 - Once you see the feet leave the platform, look down and make sure the swimmer has touched the wall.

IM: https://www.youtube.com/watch?v=6w452d_ZcAA 2:35

Relays: <https://m.youtube.com/watch?v=BV2dAE0VXTE&feature=youtu.be> 2:02



➡ Key Points To Remember

- ➡ Benefit of the doubt ALWAYS goes to the swimmer
- ➡ Simultaneous does not necessarily mean same plane
- ➡ Just because it's ugly doesn't necessarily mean illegal
- ➡ HAVE FUN!

CCSL Officials Cheatsheet 2009

The following tables list potential disqualification scenarios and what recommended wording should be written on the disqualification form

What the swimmer did....	What the DQ should say...	DQ code
Butterfly		
Swims with a flutter or freestyle kick	Alternating Kick	1A
Swims with a breaststroke kick	Kick breaststroke type	1B
Kicks with propulsion coming from the top of one of the feet and from the bottom of the other	Scissors kick	1C
The arms do not pull or recover at the same time	Non-simultaneous arms	1E
The swimmer does not recover their arms (wrist to shoulder) out of the water; OR The arms recover but the swimmer is too far away from the wall to do another pull and recovery, so the swimmer does a little pull then pushes their hands back towards the wall from the breast without recovering over the water; OR The swimmer pulls (partway) then pulls again to lift their head out of the water (without recovering their arms out of the water in between)	Arms underwater recovery	1F
Only one hand touches the wall	One hand touch	1J
Swimmer misses the wall	No touch	1K
Both hands touch but not at the same time	Non-simultaneous touch	1L
Swimmer goes past vertical towards their back	Shoulders not at or past vertical towards breast off the wall	1M
Swimmer remained submerged past 15 meters	Head did not break the surface by 15 meters	1N
Backstroke		
Swimmer misses the wall	No touch at turn	2I
Swimmer is past vertical towards their breast when leaving the wall after the start or turn	Not on back off wall	2K
Swimmer goes past vertical towards their breast	Shoulders past vertical toward breast	2L
Swimmer remained submerged past 15 meters	Head did not break the surface by 15 meters	2N
Swimmer raises toes above the gutter after the starting signal	Toes curled over gutter after the start	2P
Breaststroke		
Swims with a flutter or freestyle kick – propulsion from the top of the feet	Alternating Kick	3A
The legs do not kick or move at the same time	Non-simultaneous kick	3B
Swims with a butterfly or dolphin kick – propulsion from the top of the feet	Downward butterfly kick	3C
Swims with a sidestroke type kick – propulsion of one leg from the side or bottom of foot and the from the top of the foot of the other leg	Scissors kick	3D
Swimmer pulls hands all the way past their hips during the pull following the first pull after the start or turn	Hands brought beyond the hipline during stroke	3E

CCSL Officials Cheatsheet 2009

The arms do not pull or recover at the same time	Non-simultaneous arms	3F
The head does not break the surface of the water before the widest part of the second arm pull after the start and each turn	Arms two strokes underwater	3G
One arm pulls out and one arm pulls down	Arms not in same horizontal plane	3H
Swimmer does a butterfly type recovery where the elbows are out of the water	Elbows recovered over water	3I
Only one hand touches the wall	One hand touch	3K
Swimmer misses the wall	No touch	3L
Both hands touch but not at the same time	Non-simultaneous touch	3M
Swimmer goes past vertical towards their back	Shoulders not at or past vertical towards breast off the wall	3P
The head does not break the surface of the water at least once during the complete cycle (stroke then kick) during the swim	Head under for 2 or more strokes	3Q
The swimmer strokes twice or more for every kick; OR The swimmer kicks twice or more for every stroke	Incomplete stroke cycle other than one pull followed by one kick	
Freestyle		
Swimmer misses the wall – and did not return to wall before touching at the other end	No touch on turn	4K
Swimmer remained submerged past 15 meters	Head did not break the surface by 15 meters	4N
IM		
Order of strokes is not butterfly, backstroke, breaststroke, then freestyle	Strokes out of sequence	5P

These DQs are self explanatory.

Relays			
Stroke Infraction swimmer #1	61	Early take-off swimmer #2	66
Stroke Infraction swimmer #2	62	Early take-off swimmer #3	67
Stroke Infraction swimmer #3	63	Early take-off swimmer #4	68
Stroke Infraction swimmer #4	64	Changed order of swimmers	6P
Not enough swimmers	6Q		
Miscellaneous			
False start	7O	Declared false start	7P
Delay of meet	7R	Did not finish	7Q
Entered water without permission	7S	Interfered with another swimmer	7R
Walking on or springing from bottom	7U	Standing on bottom	7V
Pulling on lane line	7W	Finish in wrong lane	7X
Unsportsmanlike conduct	7Y		

**CAPITAL CITY SUMMER LEAGUE
DISQUALIFICATION REPORT**

Event # _____ Heat # _____ Lane # _____

Team _____ Swimmer _____

Butterfly			
1A	Alternating Kick	1B	Kick breaststroke type
1C	Scissors kick		
1E	Non-simultaneous arms		
1F	Arms underwater recovery		
1J	One hand touch	1K	No touch
1L	Non-simultaneous touch		
1M	Shoulders not at or past vertical towards breast off the wall		
1N	Head did not break the surface by 15 meters		
Backstroke			
2I	No touch at turn		
2J	Non-continuous turning action		
2L	Shoulders past vertical toward breast		
2K	Not on back off wall		
2N	Head did not break the surface by 15 meters		
2P	Toes curled over gutter after the start		
Breaststroke			
3A	Alternating Kick	3B	Non-simultaneous kick
3C	Downward butterfly kick	3D	Scissors kick
3E	Hands brought beyond the hipline during stroke		
3F	Non-simultaneous arms		
3G	Arms two strokes underwater		
3H	Arms not in same horizontal plane		
3I	Elbows recovered over water		
3J	One hand touch	3K	No touch
3L	Non-simultaneous touch		
3M	Shoulders not at or past vertical towards breast off the wall		
3P	Head under for 2 or more strokes		
3Q	Incomplete stroke cycle other than 1 pull followed by 1 kick		
Freestyle			
4K	No touch on turn		
4N	Head did not break the surface by 15 meters		
Individual Medley			
5P	Strokes out of sequence		
Relay			
61	Infraction swimmer #1	62	Infraction swimmer #2
63	Infraction swimmer #3	64	Infraction swimmer #4
66	Early start swimmer #2	67	Early start swimmer #3
68	Early start swimmer #4		
6P	Changed order of swimmers		
6Q	Not enough swimmers		
Miscellaneous			
7O	False start	7P	Declared false start
7Q	Did not finish	7R	Delay of meet
7S	Entered water without permission		
7T	Interfered with another swimmer		
7U	Walking on or springing from bottom		
7V	Standing on bottom	7W	Pulling on lane line
7X	Finish in wrong lane		
7Y	Unsportsmanlike conduct		

DURING: Start _____ Swim _____ Turn# _____ Finish _____

Judge's Initials _____ Judge's Initials _____

Scorer's Initials _____